



12 Week Training Plan

BEST FOR...total newbies or runners who haven't pounded the pavement since autumn. If you can walk, you are ready to start!

WEEK	M	T	W	T	F	S	S
1	6 x (run 1 min + walk 4 min)*	rest or XT	6 x (run 1 min + walk 4 min)	rest or XT	6 x (run 1 min + walk 4 min)	6x(run 1 min + walk 4 min)	rest
2	5 x (run 2 min + walk 4 min)	rest or XT	5 x (run 2 min + walk 4 min)	rest or XT	5 x (run 2 min + walk 4 min)	5x(run 2 min + walk 4 min)	rest
3	5 x (run 4 min + walk 2 min)	rest or XT	5x(run 4 min + walk 2 min)	rest or XT	5 x (run 4 min + walk 2 min)	5 x (run 4 min + walk 2 min)	rest
4	4 x (run 6 min + walk 2 min)	rest or XT	4x(run 6 min + walk 2 min)	rest or XT	4 x (run 6 min + walk 2 min)	4x(run 6 min + walk 2 min)	rest
5	3 x (run 8 min + walk 3 min)	rest or XT	3x(run 8 min + walk 3 min)	rest or XT	3 x (run 8 min + walk 3 min)	3x(run 8 min + walk 3 min)	rest
6	3 x (run 10 min + walk 1 min)	rest or XT	3x(run 10 min + walk 1 min)	rest or XT	3 x (run 10 min + walk 1 min)	3x(run 10 min + walk 1 min)	rest
7	2 x (run 13 min + walk 2 min)	rest or XT	2 x (run 13 min + walk 2 min)	rest or XT	2 x (run 13 min + walk 2 min)	2 x (run 13 min + walk 2 min)	rest
8	2 x (run 14 min + walk 1 min)	rest or XT	2x(run 14 min + walk 1 min)	rest or XT	2 x (run 14 min + walk 1 min)	2x(run 14 min + walk 1 min)	rest
9	run 18min + walk 2min + run 10 min	rest or XT	run 18 min + walk 2 min + run 10min	rest or XT	run 18min + walk 2 min + run 10 min	run 18min + walk 2 min + run 10 min	rest
10	run 20min + walk 1min + run 10 min	rest or XT	run 20 min + walk 1 min + run 10min	rest or XT	run 20min + walk 1min + run 10 min	run 20min + walk 1min + run 10 min	rest
11	run 25min + walk 1min + run 5 min	rest or XT	run 25 min + walk 1 min + run 5min	rest or XT	run 25min + walk 1min + run 5min	run 30 min	rest
12	run 30 min	rest or XT	run 30 min	rest or XT	run 20 min	rest	RACE!

KEY

Run: Run for the minutes indicated at a comfortable pace.

Walk: Walk for the minutes indicated at a brisk pace.

Xt (cross-train): Perform any non-running exercise at an easy or moderate effort.